

Diabetes Resource Guide

3rd Edition

Where to Find Care and Support Services
in Frederick County, Maryland



Developed by
The Frederick County Diabetes Coalition

Available at: www.FrederickCountyMD.gov/diabetesguide

INTRODUCTION

This guide was created to help Frederick County residents at risk for diabetes or with diabetes make the most of their lives. Diabetes is not only a disease in itself, it can lead to other serious conditions that can shorten life or dramatically impact the quality of life. The Centers for Disease Control and Prevention reports that diabetes affects 25.8 million people in the U.S., and an estimated 79 million American adults age 20 years or older have prediabetes.¹ In Maryland, the prevalence of diabetic adults has grown from 6.8% in 1999 to 8.7% in 2008, which continues to be above the national level.²

With this in mind, the Frederick County Diabetes Coalition was founded; its mission is to work to prevent or delay the onset of diabetes and its complications through education and awareness.

The creation of this guide is one tool that we hope citizens will find beneficial as they take steps toward protecting and improving their health.

The information contained in this booklet is not a substitute for medical advice or treatment. If you feel you may be at risk for diabetes or have diabetes, consult with your doctor or health care professional.

This resource guide does not reflect any endorsement for the facilities and professionals listed. The Frederick County Diabetes Coalition assumes no liability for any act or omissions of such facilities or professionals. Further, this guide is not a complete list of all the resources available in the community.

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1. <http://www.cdc.gov/diabetes/pubs/estimates11.htm#2>

2. <http://fha.maryland.gov/pdf/cdp/Report-Diabetes.pdf>

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<i>(Internists are doctors who have had special training on the prevention and treatment of adult diseases. Internists care for people with difficult or complex health problems including situations where several different health problems may be present at the same time. A subspecialty of internal medicine is endocrinology, which deals with disorders of the endocrine system and hormones like diabetes).</i>	
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DIABETES OVERVIEW

What is diabetes? Diabetes is a disease in which the body does not make or properly use insulin. Insulin is a hormone that is needed by the body to use sugar, starches and other food for energy.

Major types of diabetes:

Type 1 Diabetes- the body no longer makes insulin which means sugar is unable to enter the cells and make energy (5-10% of cases).

Type 2 Diabetes- the body may not make enough insulin, and the cells do not use insulin properly. This is sometimes called “insulin resistance” (90-95% of cases).

Gestational Diabetes- a form of diabetes diagnosed during pregnancy (related to hormones of pregnancy, lack of insulin).

Pre-Diabetes- a condition that occurs when a person's blood glucose levels are higher than normal, but not high enough for a diagnosis of type 2 diabetes. Lifestyle changes (healthy eating & regular physical activity) may prevent or delay diabetes.

Risk factors:

- Body mass index (BMI) over 25
- Family history of diabetes
- Over age 60
- Hispanic, African American, Asian American or Native American origin
- Having a baby over 9 lbs
- Sedentary (or inactive) lifestyle
- High blood pressure
- Unhealthy cholesterol levels

Symptoms of high blood glucose (hyperglycemia)

- Increased thirst
- Increased urination
- Dry mouth or skin
- Tiredness or fatigue
- Blurred vision
- More frequent infections
- Slow healing cuts and sores
- Unexplained weight loss

SOME OR NONE OF THESE SYMPTOMS MAY BE PRESENT

One out of every three people with diabetes don't know they have it.

How do I get tested? Talk with your health care provider. A fasting blood glucose test or oral glucose tolerance test (glucose is measured after a fast and then 2 hours after drinking a glucose rich beverage) may be used to test for pre-diabetes or diabetes. Your doctor may also do a test called a “hemoglobin A1C.”

Test results: What do they mean?

Pre-diabetes: A fasting blood glucose level between 100 and 125 mg/dl or a two-hour blood glucose level between 140 and 199 mg/dl or a hemoglobin A1C 5.7-6.4%.

Diabetes: A fasting blood glucose level of 126 mg/dl or higher or a two-hour blood glucose level at 200 mg/dl or higher or a hemoglobin A1C of 6.5% or greater.

CERTIFIED DIABETES EDUCATORS

American Association of Diabetes Educators

200 West Madison St.

Suite 800

Chicago, IL 60606

Phone: (800) 338-3633

Has a link to help you find a Certified Diabetes Educator (CDE) in your area.

www.diabeteseducator.org

Frederick Memorial Healthcare System Wellness Center Diabetes Program

Located at the Francis Scott Key Mall

5500 Buckeystown Pike

Frederick, MD 21703

Phone: (240) 379-6045

Fax: (240) 379-6040

Diabetes services include diabetes self-management training, registered dietitian appointments, and visits with a nurse practitioner for medication management, insulin management and insulin pump starts. A referral from your primary provider is needed for diabetes education, medical nutrition services and to see a nurse practitioner for diabetes evaluation and management. Most insurances are accepted. A sliding scale fee based upon income is also available for those without insurance.

www.fmh.org/body.cfm?id=59

Kathleen Kissane CRNP, MSN, CDE

P.O. Box 122

Frederick, MD 21702

Phone: (301) 514-2505

Email: kudam@aol.com

Available as an independent consultant, fee for service.

COMMUNITY AGENCIES & GROUPS

2-1-1 Maryland

Phone: 211 or (866) 411-6803

Provides a link to community health and human service resources statewide 24 hours a day, 7 days a week, in over 150 languages.

www.211md.org

Frederick Community Action Agency

100 S. Market Street

Frederick, MD 21701

Phone: (301) 600-1506

Fax: (301) 600-6239

Provides food, shelter, medical care, housing, and other forms of assistance to families and individuals that are low-income or homeless.

www.cityoffrederick.com/fcaa

Publishes the Health Care Resource Guide- a directory of health resources serving Frederick County, Maryland

<http://www.cityoffrederick.com/DocumentView.aspx?DID=242>

Frederick County Department of Aging

1440 Taney Avenue

Frederick, MD 21702

Phone: (301) 694-1605

Has programs and activities that support older adults in Frederick County to help them stay active, healthy, and independent. Also provides services for families of seniors and their caregivers.

www.FrederickCountyMD.gov/DOA

Frederick County Diabetes Coalition

Contact: Angela Blair

Phone: (301) 600-1861

Email: ablair@FrederickCountyMD.gov

Works to prevent or delay the onset of diabetes and its complications through education and awareness. Its members include professionals and citizens of Frederick County. New members are always welcome!

www.FrederickCountyMD.gov/diabetescoalition

Mission of Mercy

22 South Market Street, Suite 6D

Frederick, MD 21701

Phone: (301) 682-5683

Free, mobile health care for the uninsured and underserved, traveling to various sites in Frederick, Washington, and Carroll Counties.

www.amissionofmercy.org

University of Maryland Cooperative Extension

Frederick County Office

330 Montevue Lane

Frederick, MD 21702

Phone: (301) 600-1599

The Family & Consumer Science Department has programs to teach people the basics of healthy eating and has classes on diabetes and weight management.

www.frederick.umd.edu

DIABETES EDUCATION & INFORMATION

American Association of Diabetes Educators

200 West Madison St.

Suite 800

Chicago, IL 60606

Phone: (800) 338-3633

Has a link to help you find a Certified Diabetes Educator (CDE) in your area.

www.diabeteseducator.org

American Diabetes Association

Maryland Chapter

Poole and Hunt Building

2002 Clipper Park Rd., #110

Baltimore, MD 21211

The nation-wide hotline allows callers to get answers to questions about diabetes.

Phone: (410) 265-0075 Hotline: (888) 342-2383

Mission is to prevent and cure diabetes, and improve the lives of people with diabetes. Offers diabetes information for a wide range of topics, recipes, cookbooks, a monthly magazine for people with diabetes (Diabetes Forecast) as well as local events, information on support groups.

www.diabetes.org

Offers an award-winning on line healthy eating tool to track daily meals, find healthy substitutes for foods and new recipes.

www.diabetes.org/myfoodadvisor

Academy of Nutrition and Dietetics (formerly the American Dietetic Association)

120 South Riverside Plaza
Suite 2000
Chicago, IL 60606-6995

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

Phone: (800) 877-1600

www.eatright.org/public

American Association of Kidney Patients (AAKP)

3505 East Frontage Rd., Suite 315
Tampa, FL 33607

Phone: (800) 749-2257

Offers information and resources for persons with kidney disease to improve their health and wellbeing.

www.aakp.org

Amputee Coalition of America

900 East Hill Ave., Suite 205
Knoxville, TN 37915-2566

Phone: (888) 267-5669

Empowers those with limb loss through education, support, and advocacy. Assists to locate support groups, rehab centers. Has a peer visitor network.

www.amputee-coalition.org

Centers for Medicare & Medicaid Services

Government agency that has information on Medicare covered supplies and services if you have the Original Medicare Plan and Medicare Part D coverage. For a free copy of the booklet “Medicare Coverage of Diabetes Supplies & Services,” go to: www.medicare.gov/Publications/Pubs/pdf/11022.pdf
Additional information available at:
www.medicare.gov

Children with Diabetes

Offers on line information, support, and care suggestions for children and adults with diabetes. Links to chat rooms, forums, conferences and diabetes-related news for the on-line community.
www.childrenwithdiabetes.com

Diabetes Applications (apps)

With the rise in use of iPhones, Droids, Blackberrys and other hand held devices, there are new applications (apps) that make life easier for people with diabetes. A quick list of some of the most popular free apps is included to help you choose the one that may be right for you.

Name	Web Address	Compatibility (iPhone/ Droid/ Blackberry)	Features
Bant	www.bantapp.com	iPhone, iPad, iPod Touch	-Enter glucose readings by meal, time of day, or other factors. -Store info on your Google Health account.

Calorie King	www.CalorieKing.com/software/ckmobplus.php	Palm	-Handheld Free Health Tool. Allows you to access articles and lifestyle related calculators (like BMI)
Daily Coach	http://itunes.apple.com/us/app/dailycoach-gary-scheiner-powered/id450301954?mt=8	iPhone, iPod touch, and iPad.	-DailyCoach™ provides interactive motivation for integrating activity into your healthy lifestyle.
Diabetes Health Mobile	http://www.diabeteshealth.com/apps/mobile/	iPhone, iPad, iPod Touch	-Access to the top news articles and blogs posted to their website.
Diabetes Log	http://applicationsforgood.org/apps/diabetes-log/	iPhone	-Log your glucose readings, food intake, and medicine records. -Export records of your logs (CVS over email) to your computer for your personal use or to send to your health professional
Diabetic Meal Planner – Lite Glycemic Index	http://applicationsforgood.org/apps/diabetic-meal-planner-lite/	iPhone, iPad, iPod Touch	-Calculate the overall glycemic index (GI) and glycemic load (GL) for meals and the entire day. -Provides carb, calories, fat analysis. The free version provides GI for a limited number of foods. The full version costs \$13.99.

Glucool Diabetes Log Lite	https://market.android.com/details?id=com.michaelfester.glucool.lite	Droid	<ul style="list-style-type: none"> -Complete diabetes management app/journal allows you to track blood glucose, insulin and meds, carbohydrate intake, blood pressure, exercise, A1c, and weight. -Offers graphs & stats. -Free limited version -Offers an insulin calculator and additional features for \$4.72.
Glucose Buddy	www.glucosebuddy.com	iPhone and iPod Touch, iPad	<ul style="list-style-type: none"> -Enter glucose numbers, carb consumption, insulin dosages, and activities. -View all data on your free Glucosebuddy.com online account, where your iPhone automatically syncs your logs.
Glucose Tracker	http://download.cnet.com/Free-Glucose-Tracker/3000-2129_4-10454535.html	Droid	<ul style="list-style-type: none"> -Glucose data log. Saves glucose tests and time, relationship to meals. Offers charts, statistics, and export to csv, xml file. Results can also be emailed.

GoMeals®	http://www.gomeals.com/	iPhone, iPad, iPod touch, Droid	GoMeals® makes it easy to access nutritional information, find restaurants and keep track of your food intake.
HandyLog Sugar	www.handylogs.com/home/prd.php?id=sugar	iPhone, iPad, Blackberry	-Track glucose, insulin & A1c. Graphs data. -Share data with doctor
Log for Life	www.logforlife.com	iPhone, iPad, iPod Touch or Blackberry	-Companion application for the subscription-based web application, Log For Life which costs \$9 per month after a free 30-day trial. -Log glucose, carbs, medication, exercise, weight, and notes.
On Track Diabetes	http://www.androidfreeware.net/download-ontrack-diabetes.html	Droid	-Track glucose, exercise, food, medication, blood pressure (BP), pulse and weight. -Other features: graphs and reports, export to CSV,HTML,XML

Diabetes Disaster Preparedness

Information on preparing to deal with natural disasters and emergencies such as stocking your house, and keeping insulin and blood glucose testing supplies safe can be found at these locations on the web:

www.cdc.gov/diabetes/news/docs/disasters.htm

www.diabetesselfmanagement.com/2/disaster

Diabetes Local

Is a website sponsored by the Diabetes Research and Wellness Foundation, which was launched in November 2010 to help people locate local community resources (by zip code) for diabetes care and education.

www.DiabetesLocal.org

Diabetes Research and Wellness Foundation

Executive Offices

5151 Wisconsin Avenue, NW, Suite 420

Washington, DC 20016

Phone: (202) 298-9211

Diabetes Helpline: (800) 941-4635

Funds diabetes research. Outreach through a nation-wide helpline, which allows callers to speak with a Certified Diabetes Educator (CDE). Provides information about how to manage diabetes successfully and prevent life-threatening complications. Offers free diabetes alert necklaces.

www.diabeteswellness.net

dLife (For Your Diabetes Life!)

dLife is a place for all aspects of your diabetes lifestyle, offering information and community support for type 1 diabetes, type 2 diabetes, and caregivers.

www.dlife.com

Frederick County Public Libraries

Diabetes resources available: books, magazines, databases and the Internet.

Trained library personnel are available to assist with locating information.

Internet access and training are available (branch training options vary - inquire at your Branch Library). All services are free and open to the public.

www.fcpl.org

C. BURR ARTZ

110 East Patrick Street
Frederick, MD 21701

Phone: (301) 694-1630

Use Maryland Relay for hearing impaired.

www.fcpl.org/information/branches/cburrartz/index.php

BRUNSWICK

915 North Maple Avenue
Brunswick, MD 21716

Phone: (301) 600-7250

www.fcpl.org/information/branches/brunswick/index.php

EMMITSBURG

300 South Seton Avenue
Emmitsburg, MD 21727

Phone: (301) 600-6329

www.fcpl.org/information/branches/emmitsburg/index.php

MIDDLETOWN

101 Prospect Street
Middletown, MD 21769

Phone: (301) 371-7560

www.fcpl.org/information/branches/middletown/index.php

THURMONT

76 East Moser Road
Thurmont, MD 21788

Phone: (301) 600-7200

www.fcpl.org/information/branches/thurmont/index.php

WALKERSVILLE

57 West Frederick Street

Walkersville, MD 21793

Phone: (301) 845-8880

www.fcpl.org/information/branches/walkersville/index.php

URBANA

9020 Amelung Street

Frederick, MD 21704

Phone: (301) 600-7000

www.fcpl.org/information/branches/urbana/index.php

POINT OF ROCKS

1635 Ballenger Creek Pike

Point of Rocks, MD 21777

Phone: (301) 874-4560

www.fcpl.org/information/branches/pointofrocks/index.php

Frederick Foot & Ankle Specialists

75 Thomas Johnson Drive

Frederick, MD 21702

Phone: (301) 668-9707

A podiatry practice that provides medical treatment for foot and ankle problems.

Visit their "Patient Education" page for information about foot problems and

foot care: www.mynewfeet.com/patient-education.html

healthfinder®

A federal website which offers reliable health information and resources.

www.healthfinder.gov

Indian Health Service Division of Diabetes Treatment and Prevention

Phone: (505) 248-4182

National program providing diabetes treatment and prevention for Native Americans.

www.ihs.gov/medicalprograms/diabetes

Insulin Pumpers

558 Valley Way
Milpitas, CA 95035

Provides information and support for adults and children with diabetes and their families interested in insulin pump therapy. There is a special section devoted to children with diabetes and stories about how an insulin pump has changed their lives. One of the largest support forums in the world for insulin pump users. Large online database of frequently asked questions and “how to’s” on pump therapy and diabetes management.

www.insulin-pumpers.org

Joslin Diabetes Center

One Joslin Place
Boston, MA 02215

Phone: (617) 732-2400

An affiliate of Harvard Medical School, this organization is a diabetes institution, which focuses on research, care and education.

www.joslin.org

Joslin has affiliates across the country and around the globe for diabetes specialty care. Maryland locations are listed below:

Joslin Diabetes Center

Affiliate at Baltimore Washington Medical Center

301 Hospital Dr.
Glen Burnie, MD 21061
Phone: (410) 787-4940

Joslin Diabetes Center

Affiliate at Doctors Community Hospital

8118 Good Luck Rd, MOB 5th Fl.

Lanham, MD 20706

Phone: (301) 552-8661

Joslin Diabetes Center

Affiliate at Maryland General Hospital

821 N. Eutaw St.

Baltimore, MD 21201

Phone: (443) 552-2960

Joslin Diabetes Center

Affiliate at Shore Health System

119 South Washington St.

Easton, MD 21601

Phone: (410) 822-1000, Ext. 5757

Joslin Diabetes Center

Affiliate at University of Maryland Medical System

22 South Greene St., Suite N6W100

Baltimore, MD 21201-1595

Phone: (410) 328-6584 or (888) JOSLIN-8

Juvenile Diabetes Research Foundation International (JDRF)

26 Broadway, 14th Floor

New York City, NY 10005

Phone: (800) 533-CURE (2873)

www.jdrf.org

There is a special website of the JDRF, just for kids, to get information and support from others their age.

www.kids.jdrf.org

LEAP (Lower Extremity Amputation Prevention Program)

A federal government program that offers guidance on how to prevent lower extremity amputation in people with diabetes. Free test kits are available for patients and health professionals.

www.hrsa.gov/leap

Maryland Department of Health and Mental Hygiene, Office of Chronic Disease Prevention

Phone: (410) 767-5780

State government office that can provide diabetes statistical information and referrals for diabetes education programs in the state of Maryland.

<http://fha.maryland.gov/cdp/diabetes.cfm>

Maryland Dietetic Association

Phone: (410) 381-3044 or (800) 794-1152

Provides nutrition resources and help in locating a dietitian.

www.eatwellmd.org

Maryland Podiatric Medical Association

Phone: (800) 560-1818

Provides information on foot care and help with locating a podiatrist.

www.marylandpodiatry.org

Medline Plus

Is the trusted NIH health information website for patients and family members. It provides reliable and up to date health information on many health problems and conditions, including diabetes. Basic and detailed information on a variety of diabetes topics is available. You can sign up to get diabetes updates by email.

www.nlm.nih.gov/medlineplus/diabetes.html

National Kidney Foundation

Phone: (800) 622-9010

Seeks to prevent kidney and urinary tract diseases, improve the health of those affected by these diseases, and increase the availability of all organs for transplantation.

www.kidney.org

NIDDK Clearinghouse

Phone: (800) 860-8747

This is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) that provides information on diabetes topics including treatments, complications, statistics, clinical trials, research, practice guidelines and other helpful resources. Free publication can be ordered on line or by phone.

www.diabetes.niddk.nih.gov

National Diabetes Education Program (NDEP)

Phone: (301) 496-3583

The NDEP is a partnership between NIH, CDC and more than 200 public and private organizations that provides information on controlling diabetes and preventing type 2 diabetes. Free publications on a wide variety of important topics. The web site allows you to search a database to find publications that are specifically for you- by age, type of diabetes, people group and language.

www.ndep.nih.gov

University of Maryland Cooperative Extension

Frederick County Office

Family and Consumer Sciences

330 Montevue Lane

Frederick, MD 21702

Phone: (301) 600-1599

Fax: (301) 600-1588

www.frederick.umd.edu

U.S. Centers for Disease Control & Prevention (CDC)

Phone: (800) 232-4636

Information specialists can give you health information and answer questions on many topics, including diabetes.

www.cdc.gov/diabetes/

EYE HEALTH & LOW VISION RESOURCES

American Foundation for the Blind

11 Penn Plaza, Suite 300

New York City, NY 10001

Phone: (800) 232-5463

Has information about organizations that provide support, products, and services for people who are blind or have low vision. These services could help you cook, clean, take medicine, identify clothes, shop or use special tools, lighting, magnifiers, computers and mobility training to help you stay independent and safe.

www.afb.org

Blind Industries and Services of Maryland

Phone: (888) 322-4567

Provides persons with vision loss with life skills to become independent and remain in their homes. A year-round program is offered called SAIL (Seniors Achieving Independent Living) that offers skills training for daily activities, discussion groups, and social activities. One day workshops in the local area are offered for a minimum of 10 attendees. Programs are free of charge.

www.bism.org

Diabetes Tools for People who are Blind or have Low Vision

"Tools and Techniques for Visual Impairment" is an article by Connie Kleinbeck R.N., C.D.E that provides an excellent list of tools that can help people with diabetes to manage their diabetes and remain independent and safe.

www.diabetesselfmanagement.com/articles/Eyes_Vision/Tools_and_Techniques_for_Visual_Impairment

Foundation of the American Academy of Ophthalmology

Helpline: (800) 272-3937

Provides free eye health information and access to medical eye care for qualified persons.

www.eyecareamerica.org

Maryland Optometric Association

Phone: (410) 727-7800

Provides information on eye health, disease conditions, treatment and help with locating an eye doctor.

www.marylandeyes.com

National Eye Health Education Program

Phone: (301) 496-5248

Provides education and free materials regarding eye health, disease and treatment.

www.nei.nih.gov/nehep

National Library Service for the Blind and Physically Handicapped

1291 Taylor St., NW

Washington DC 20011

Phone: (888) 657-7323 (toll free to connect to a local library)

Provides a free library program for people who can not use standard print material. Braille and audio books ("Talking books") are circulated to eligible borrowers in the U.S. using postage free mail. The book collection is similar to what you would find in your local library. Many magazines are available as well. You have to fill out an application before you can borrow books.

www.loc.gov/nls/

The Wilmer Eye Institute at Johns Hopkins

550 N. Broadway, 6th Floor

Baltimore MD 21205

Phone: (410) 955-0580

Provides evaluation, treatment, rehabilitation and information for low vision.

www.hopkinsmedicine.org/wilmer/services/lowvision.html

FINANCIAL

Blood Glucose Testing Equipment and Supplies for the Uninsured and Under-insured

People with diabetes who do not have insurance coverage for blood glucose testing equipment and supplies, and/or have a limited income may want to consider generic meter/strips, such as the Walmart Reli-On meter/strips, or going to Whitesell's Pharmacy in Frederick. Also, to avoid unnecessary costs, people with insurance should check with their insurance company (the number is usually found on the back of the insurance card) to find out which meter/strips the insurance company covers. This will help minimize out of pocket costs.

Department of Social Services

100 East All Saints Street

Frederick, MD 21701

Phone: (301) 600-4555

Provides medical insurance for children through age 18 and pregnant women of all ages who meet income and citizenship requirements.

www.fcdss.info/

Frederick Community Action Agency

100 South Market Street

Frederick, Maryland 21701

Phone: (301) 600-1506

Provides food, shelter, medical care, housing, and other forms of assistance to families and individuals that are low-income or homeless.

www.cityoffrederick.com/fcaa

Maryland Children's Health Program

Frederick County Health Department

350 Montevue Lane

Frederick, MD 21702

Phone: (301) 600-3124

www.frederickcountymd.gov/index.aspx?nid=4182

Medical Assistance

Department of Social Services

100 East All Saints Street

Frederick, MD 21701

Phone: (301) 694-4555

Provides medical insurance for those who meet an income requirement.

www.fcdss.info/ma.htm

Medicare

Phone: 1-800-MEDICARE

Medicare is health insurance for:

- *People 65 or older*
- *People under 65 with certain disabilities*
- *People of any age with End-Stage Renal Disease (ESRD) (permanent kidney failure requiring dialysis or a kidney transplant)*

www.medicare.gov

“Medicare Coverage of Diabetes Supplies & Services” is a free publication (No. CMS-11022)- available through the above number, at the Frederick County Department of Aging, or by clicking this link:

www.medicare.gov/Publications/Pubs/pdf/11022.pdf

Visit the website below for more information about diabetes preventive services and Medicare.

www.medicare.gov/navigation/manage-your-health/preventive-services/diabetes-screening.aspx

Prescription Assistance Resources

Available from the Frederick County Health Department’s website

www.frederickcountymd.gov/index.aspx?NID=3566

Primary Adult Care

Phone: (800) 226-2142

Provides assistance with cost of medication and doctor’s visits for adults 19 years and older who meet income and citizenship requirements.

<http://mmcp.dhmf.maryland.gov/mpac/SitePages/Home.aspx>

The Religious Coalition for Emergency Human Needs

Phone: (301) 631-2670

Provides emergency financial assistance.

www.thereligiouscoalition.org/

INTERNAL MEDICINE/ENDOCRINOLOGY

A search for doctors by specialty or zip code is available on the FMH website: www.fmh.org. Or you may call FMH's Find a Physician line at: 301-695-1300 or 1-800-717-5324.

MEDICAL SUPPLIES/PHARMACY

BP Gamma Home Medical Supply

4451 Georgia Pacific Boulevard, Suite S

Frederick, MD 21704

Phone: (800) 624-4134

www.bpgamma.com/

Doctor Diabetic Supply

Phone: (800) 852-1652

A direct-to-consumer distributor of diabetic testing supplies and related products.

www.doctordiabetic.com/index.html

Fifty 50

1420 Valwood Parkway

Suite 205

Carrollton, TX 75006

Phone Orders: (800) 746-7505 (M-F 7:30 am to 4:30 pm CST)

Fax Orders: (800) 769-6906

On line store which sells diabetic supplies and foods. Half of the profits from the sale of their products are contributed to diabetes research.

www.fifty50.com

FMH Home Medical Equipment & Supplies

605 East Church Street, Suite 2

Frederick, MD 21701

Phone: (240) 566-3099 or 1-800-704-3701

Fax: 240-566-3091

www.fmh.org/body.cfm?id=128

Medic Alert Foundation, U.S.

2323 Colorado Avenue

Turlock, CA 95382

Phone: (888) 633-4298

Nonprofit organization providing 24-hr emergency medical information and identification services.

www.medicalert.org

Medi Charms

805 N.Reynolds RD

Bryant, Arkansas 72022

Phone: (888) 417-7591

Sells fashionable medical identification jewelry for children through adults.

www.medicharms.com

N-Style ID, LLC

P.O. Box 5965

Incline Village, NV 89450-5965

Phone: (775) 833-1271

Sells fashionable medical identification jewelry for children through adults.

www.n-styleid.com

Prescription Assistance Resources

Available from the Frederick County Health Department's website
www.frederickcountymd.gov/index.aspx?NID=3566

Whitesell's Pharmacy

236 N. Market Street

Frederick, MD 21701

Phone: (301) 662-4848

Fax: (301) 620-0668

Specializes in diabetes care and treatment.

<http://whitesells.com/>

Most pharmacists are available to answer questions about medications, including diabetes medications.

OPHTHALMOLOGISTS

A search for doctors by specialty or zip code is available on the FMH website:
www.fmh.org. Or you may call FMH's Find a Physician line at:
301-695-1300 or 1-800-717-5324.

PERINATOLOGIST**Maryland Perinatal Associates**

75 Thomas Johnson Drive, Suite G

Frederick, MD 21702

Phone: (240) 529-1663

Fax: (240) 529-1668

www.mdperinatal.com/default.cfm?id=1

A referral from your obstetrician is usually required.

PHYSICAL ACTIVITY

Frederick City Parks & Recreation

121 North Bentz Street

Frederick, MD 21701

Phone: (301) 600-1493

www.cityoffrederick.com/index.aspx?nid=255

Frederick County Parks & Recreation

200 W. Second St.

Frederick, MD 21701

Phone: (301) 600-2936

www.recreator.com

Frederick Memorial Hospital Medical Fitness Program

Phone: (301) 620-1250

Email: fmhexercise@fmh.org

Professional staff provides personalized and monitored care to improve physical fitness through a supervised exercise program. Available for persons with heart disease, diabetes, high blood pressure, high cholesterol, weight issues, arthritis, lung disease, following physical therapy and for other health concerns.

www.fmh.org/body.cfm?id=1081

Lions Camp Merrick/Glyndon

Camp Office

3650 Rick Hamilton Place

P.O. Box 56

Nanjemoy, MD 20662

Phone: (301) 870-5858

Fax: (301) 246-9108

Provides week-long residential camping experiences for deaf, blind, and children with diabetes, ages 6 –16.

www.lionscampmerrick.org

Walking Trails in Frederick County
www.frederickcountymd.gov/index.aspx?NID=2405

PHYSICIANS

A search for doctors by specialty or zip code is available on the FMH website:
www.fmh.org. Or you may call FMH's Find a Physician line at:
301-695-1300 or 1-800-717-5324.

PODIATRISTS/FOOT CARE

A search for doctors by specialty or zip code is available on the FMH website:
www.fmh.org. Or you may call FMH's Find a Physician line at:
301-695-1300 or 1-800-717-5324.

REGISTERED DIETITIANS

Academy of Nutrition and Dietetics (formerly the American Dietetic Association)

Offers a search for Registered Dietitians by zip code:
www.eatright.org/programs/rdfinder or call 800-877-1600

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

Frederick Memorial Healthcare System Wellness Center

Located at the Francis Scott Key Mall

5500 Buckeystown Pike

Frederick, MD 21703

Phone: (240) 379-6000

Fax: (240) 379-6010

www.fmh.org/body.cfm?id=59

SUPPORT GROUPS & SERVICES

American Diabetes Association's Family Link Ambassador Program

2002 Clipper Park Road #110

Baltimore, MD 21211

Phone: (410) 265-0075 x4677

The Family Link Ambassador Program is a network of young adults with Type 1 diabetes. These ambassadors are available to meet with families—to act as mentors to the child with diabetes, answer parent questions, and provide information about local ADA youth programs.

www.diabetes.org/living-with-diabetes/connect-with-others/family-link/

Frederick County Department of Aging

1440 Taney Avenue

Frederick, MD 21702

Phone: (301) 600-1605

Offers programs and activities that support senior citizens in their effort to remain healthy, active and independent and to age in place.

www.frederickcountymd.gov/index.aspx?NID=54

Frederick Memorial Healthcare System Wellness Center Diabetes Program

Located at the Francis Scott Key Mall

5500 Buckeystown Pike

Frederick, MD 21703

Phone: (240) 379-6045

Groups available for adults and parents of children with diabetes.

www.fmh.org/body.cfm?id=59

Maryland Association of Senior Nutrition Programs

Promotes better health with improved nutrition, encourages socialization, and provides access to supportive services, enabling older adults to live independently and with dignity in the community.

www.marylandseniorcenters.com

TRANSPORTATION

TransIT Services of Frederick County

1040 Rocky Springs Road

Frederick, MD 21702

Phone: (310) 600-2065

Provides access to jobs, education, shopping, and medical services. “TransIT-plus” provides transportation services to qualified seniors and persons with disabilities to medical and non-medical appointments within Frederick County at a reduced cost.

www.frederickcountymd.gov/transit

VASCULAR CARE

Capitol Vein and Laser Center

Paul M. McNeill, MD, FACS

Garth D. Rosenberg, MD, FACS

77 Thomas Johnson Drive, Suite E

Frederick, Maryland 21702

Phone: (301) 695-8346

Vascular specialists dealing with the vascular complications of diabetes.

www.Mycvl.com

Frederick Memorial Hospital Vascular Lab

400 W. 7th Street

Frederick, Maryland 21701

Phone: (240) 566-3160

www.fmh.org

1560 Oppossumtown Pike, Suite A9

Frederick, Maryland 21702

Phone: (240) 566-3160

Horizon Surgical Group

915 Toll House Avenue, Suite 101

Frederick, Maryland 21701

Phone: (240) 529-1414

Fax: (240) 529-1697

Vascular specialists providing diagnosis and treatment of vascular conditions associated with diabetes.

www.horizonsurgical.com

WEIGHT LOSS SURGERY

Bariatric Surgery at Frederick Memorial Hospital

400 West Seventh Street

Frederick, MD 21701

Point of Contact: Dan Armstrong, RN, Bariatric Program Coordinator

Phone: (240) 566-3503

There are three types of weight loss surgery currently available at FMH: gastric banding, the Vertical Sleeve Gastrectomy (VLG) and gastric bypass. Visit their website or call the above number for more information.

www.fmh.org/landing.cfm?id=953

WOUND CARE

Advanced Skin and Wound Care Center at Frederick Memorial Hospital

400 West Seventh Street

Frederick, MD 21701

Phone: (240) 566-3840

Fax: (240) 566-3890

Email: woundinfo@fmh.org

www.fmh.org

This booklet was made possible through the efforts of members of the Frederick County Diabetes Coalition.

For more information, contact
www.FrederickCountyMD.gov/diabetescoalition
or call
(301) 600-1861

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